

Whenever you feel unclear on your personal drive to create art, and you'd like a reminder of who you are at your creative best, do this exercise:

Design your personal crest or coat of arms that symbolizes your best creative self.

Get started by answering the following questions:

1. **What are your personal values?** List everything that comes to mind when you think of what's important to you. Don't edit at this point. Be as specific as possible and add your reason for why you value each thing.
Your answers should look something like this: "I value my relationship with my family. In particular having time to spend with each other where we can just goof around without an agenda. The reason why this is so important to me is because my relationship with them reminds me of what it feels like to be truly me."
2. **Describe your personality traits.** For this it's also useful to think about how others tend to describe you. What are you like when you are at your best? Not quite sure? Send an email to 10-15 people you trust and ask them what they consider to be your personal superpower. *(Do this even if it makes you squirm inside. You'll be surprised to find out what others see in you that you may be completely overlooking. Also save these emails for anytime when you're feeling lost or down.)*
3. **What are your delights?** What are the things in life that you love and adore? Think of things you are obsessed with, things that always put a smile on your face, etc. They can be ridiculous and simple, like your favorite pizza, or deep and meaningful. List it all.

Now go back over what you wrote and circle the things that resonate the most with you right now. What do you want to include in your creativity crest? What colors, shapes, and images can you use as symbols?

Place your coat of arms in a place where you'll see it daily so you can use it as a visual reminder.



